

January 2017

DROP-IN GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Basic Training 6:00-6:45 AM Sherry/FS	Ballet and Beyond 9:00-9:55 AM Kristen/MB No Class: 1/3	Basic Training 6:00-6:45 AM Sherry/FS	Barre Techniques 9:00-9:55 AM Kristen/FS No Class: 1/5	Abs, Back, & Stretch 8:00-8:55 AM Maureen/FS	Pilates 8:00-8:55 AM Rosalie/FS
*Gliding Fit 8:00-8:55 AM Kristen/FS No Class: 1/2, 1/16	↑Cycle Spin 9:00-9:45 AM Jennifer Y./FS	Pilates 8:00-8:55 AM Maureen/FS	Core Conditioning 9:15-9:55 AM Sherry/MB	Mix It Up 9:00-9:55 AM Maureen/FS	↑Cycle Spin 8:00-8:45 AM Sheila/FS
Pure Stretch 10:00-10:55 AM Paulette/FS	Ab Attack 9:30-9:55 AM Sherry/FS	Mix It Up 9:00-9:55 AM Maureen/FS	↑Cycle Spin 9:00-9:45 AM Jennifer Y./FS		
Gentle Cardio 11:00-11:55 AM Paulette/FS	Cardio Sculpt 10:00-10:55 AM Sherry/FS	Yoga 10:00-10:55 AM Kristen/MB No Class: 1/4	TRX Fit 10:00-10:55 AM Kristen/FS No Class: 1/5	Step and Sculpt 10:00-10:55 AM Kristen/FS No Class: 1/6, 1/13	
Abs, Back, & Stretch 11:00-11:55 AM Sheila/MB	↑Cycle Challenge 12:30-1:25 PM Lori/FS	*TRX Fit 10:00-10:55 AM Ewa/FS	Yoga 11:00-11:55 AM Edie/MB	Gentle Cardio 11:00-11:55 AM Paulette/FS No Class: 1/6	Zumba 12:00-12:55 PM Lupe/FS No Class: 1/7, 1/14
Try the new Aqua Zumba preview class with Tolkila on Thursdays at 6 pm!!					Sunday
Fit Circuit 12:00-12:55 PM Lori/FS No Class: 1/16	↑Cycle Spin 5:00-5:45 PM Lee/FS	Zumba 11:00-11:55 AM Sandra/FS	↑Cycle Challenge 12:30-1:25 PM Lori/FS		↑Cycle Spin 8:00-8:45 AM Marie/FS No Class: 1/1
	Yoga 6:00-6:55 PM Nancy/MB			Pure Stretch 12:00-12:55 PM Kristen/MB No Class: 1/6	Yoga 9:00-9:55 AM Nancy/MB No Class: 1/1
Pilates 5:00-5:55 PM Rosalie/MB	Barre Techniques 6:00-6:55 PM Sheila/FS	Fit Circuit 5:30-6:25 PM *Jennifer B./FS No Class: 1/4			
Fit Circuit 6:00-6:55 PM *Paulette/FS	Core Conditioning 6:00-6:55 PM Jennifer B./FS		*Aqua Zumba 6:00-6:55 PM Tolkila/Pool	Zumba 6:00-6:55 PM Tolkila/FS	Yoga 11:00-11:55 AM Nancy/MB No Class: 1/1
Yoga 7:00-7:55 PM Simona/MB	↗ Tai Chi Basics 7:00-7:55 PM Pat/MB No Class: 1/3	Zumba 7:00-7:55 PM Rocio/MB	*Basic Training 6:00-6:55 PM Jennifer B./FS No Class: 1/5	Zumba Toning 7:00-6:25 PM Tolkila/FS	
Meditation 8:00-8:45 pm Simona/MB No Class: 1/2	Cardio Sculpt 7:00-7:55 PM Sheila/FS		*Ab Attack 7:00-7:25 PM Jennifer B./FS No Class: 1/5		
 <p>STEP 1: START TOGETHER, STAY TOGETHER—Come up with a plan for eating healthfully and exercising together on a regular basis.</p> <p>DID YOU SIGN THE PLEDGE? Make the MY HEALTHY YEAR commitment - pick up a pledge card at the front desk!</p> <p style="text-align: center;">www.fairfaxcounty.gov/parks/rec/Take12</p>			<p>* indicates a change</p> <p>↗ Class in danger of cancellation due to low attendance. Current month will run as scheduled.</p>	<p>Start your New Year with a commitment to improving overall health and quality of life with small changes each month. Try a new class, add an hour of sleep, or take the stairs regularly. It all adds up to a better YOU!</p>	

Spring Hill RECenter

1239 Spring Hill Road
McLean, VA 22102
703.827.0989
703.847.4649 (TTY)

These classes are included with your RECenter membership. Non-members pay the general admission rate at time of check-in. Please be prepared to show proof of county residency and/or student ID for applicable discounts. This calendar is subject to change; please call the RECenter with questions or concerns. For questions or comments regarding the schedule, please e-mail the Fitness Director at john.bartok@fairfaxcounty.gov.



The Fairfax County Park Authority is committed to equal access in all programs and services. Special accommodations will be provided upon request. Please call the ADA/Access coordinator at least 10 working days in advance of the date services are needed.

703.324.8563 (Phone) • 703.803.3354 (TTY) • www.fairfaxcounty.gov/parks/ada.htm

Class Descriptions

Ab Attack

The fastest way to get it done is with thirty minutes of innovative abdominal and back exercises to strengthen, stabilize, and define the torso. This class is a great complement to any cardio workout.

Abs, Back, and Stretch

If you think Pilates is too much, but like the idea of working the core muscle groups, then this class is for you! It focuses on trunk exercises to promote strength, flexibility, better posture, and good form.

Ballet and Beyond

This dynamic class blends traditional ballet moves with graceful stretching and other fluid, rhythm-based exercises to lengthen and strengthen your entire body. Build the body of a dancer, improve balance and coordination, and have fun doing it! No ballet experience is needed.

Barre Techniques

Learn the secrets of a ballet body workout. This techniques class will prepare you for our registration classes using the Barre workout method.

Basic Training

This class is a physically challenging workout with military-style design to tone and strengthen both body and mind, using a combination of calisthenics, floor exercises, and drills. It's the ideal workout for the intermediate to advanced exercise participant who wants to mix things up a bit.

Cardio Sculpt

This class focuses on cardiovascular exercise with segments of body sculpting interwoven throughout for variety. What a great way to stay in shape and beat exercise boredom while introducing something new to your current workout!

Core Conditioning

This class emphasizes sculpting and strengthening the trunk with its major muscle groups—feel your abs, glutes, hip, back and chest muscles like never before using various equipment.

Cycle Spin, Fusion, or Challenge

Come join indoor cycling and get rolling! Cycle Spin is an invigorating workout great for everyone, allowing riders to work at their own paces, whether beginner, intermediate, or advanced. Cycle Fusion pairs spinning with one of four popular exercise modes—yoga, core training, rowing, or TRX. Get the best of both worlds! Cycle Challenge is a 55 minute ride of higher intensity and endurance. Water bottles and a towel are necessary for these classes. **↑Class limited to the first 14 participants. Check in up to 30 minutes before class.**

Fit Circuit

Combining both cardio and strength-building exercises to get your heart pumping and muscles working, this exciting class targets all major muscle groups using a format of three minute segments on various equipment—bikes, weights, steps, balls, bodyweight, etc. Are you ready for the circuit challenge?

Gentle Cardio

Take a class that is easy on the joints. Low impact aerobics offers an exciting, moderate intensity workout without any jumping—great for anyone and everyone! This class may include light body sculpting with hand weights or floorwork at the end.

Gliding Fit

Build long, lean muscles using fluid movements that challenge your entire body as you glide smoothly across the floor on discs! Gliding is a unique, efficient, and fun way to take your exercise program to the next level. Class components will include safety, techniques for gliding with hands and feet, as well as modifications.

Meditation

Enjoy this simple introduction to meditation for beginners. Learn how to release tension, relax the body, and accept or change negative emotions to create a greater sense of well-being and joy. Students will practice focusing the mind to increase concentration and to develop self-awareness. Find your connection to inner peace in this class.

Mix It Up

Fight fitness boredom and get out of that exercise rut with a class that mixes cardiovascular training, body sculpting, and stretching. Check out all the fitness equipment, including rubber resistance, weighted and air-filled balls, weighted bars and dumbbells, the BOSU, gliding discs, and step platforms. All levels of fitness enthusiasts welcome.

Pilates

A great beginner class that teaches the fundamental concepts and basic movements of Pilates and may incorporate props. All levels welcome.

Pure Stretch

Work on flexibility—a much-needed and often overlooked component of overall fitness—in a class which focuses on stretching every major muscle group for stress and pain reduction, as well as injury prevention.

Step and Sculpt

Pack your cardio and strength training into a single, efficient, time-saving workout. The first half of class focuses on step combinations, followed by weight training to build muscle and increase bone density in the second half.

Tai Chi Basics

Come learn about the ancient art and practice of Tai Chi in a giving environment. You will be guided through a series of flowing movements to improve posture, build balance, and to increase both mental and physical strength. All fitness levels are welcome, as this class is excellent preparation for Tai Chi I.

TRX Fundamentals/TRX Fit

Find out what suspension training is all about in this introductory class that leverages gravity and your own bodyweight to perform endless combinations of exercises. Great for all fitness levels, from athletes to seniors, the TRX suspension trainer builds a solid core, increases muscular endurance, and delivers greater performance and functionality to all daily life activities. Proper set-up, exercise execution, and modifications will be taught.

Yoga

In this beginner class to teach newcomers the fundamental concepts of yoga, basic postures and breathing techniques will be practiced. This class is excellent preparation for the Hatha Level I class.

Please bring a sticky yoga mat to class.

Zumba, Aqua Zumba, and Zumba Toning

Exercise your body and energize your soul in this exciting aerobics class format. Tone up as you get down with energetic Latin music, rhythms, and dance moves. Zumba Toning will include use of the toning sticks. **Aqua Zumba meets at the pool.**

Twelve is the minimum age for drop-in class participants.

Room Codes: MB=Mind/Body Studio; FS=Fitness Studio

Please wear sneakers and comfortable clothing that allow free movement.



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